

“What To Wear and Bring List”

Table 2-3. Items Future Soldiers should wear or bring to the Military Entrance Processing Station (MEPS) on ship-day¹

ITEM		MALE	FEMALE
CLOTHING²			
<ul style="list-style-type: none"> Wear casual, comfortable clothing: – Shirt or blouse (no obscene graphics)(no halter tops or cut-off T-shirts) – Slacks or Jeans (no shorts or cut-offs) – Complete underwear (You'll get a mini-physical on ship day, no thongs) – Pair of comfortable, casual shoes suitable for walking and extended standing (no high heels) and socks – Coat or Jacket (seasonal) 		1	1
		1	1
		1	1
		1	1
		As needed	As needed
Bring change of underwear: (male- briefs, female – briefs and bras) white, black or neutral, no thongs		2	2
Bring Feminine Sanitary Items		-	As needed
MINIMAL PERSONAL HYGIENE ARTICLES: (All Travel Sized items)			
Shampoo and conditioner (1 oz)		As needed	As needed
Soap (1 bar soap or 1oz liquid soap)		1	1
Anti-perspirant / deodorant (non-aerosol only)		1	1
Toothbrush and toothpaste		1	1
Disposable/safety shaving razor (non-electric)		1	1
Shaving cream (non-aerosol)		1	As needed
Comb, brush, hair accessories (black or matching hair color)		As needed	As needed
EYEGLASSES (if prescribed, no faddish/stylish eyewear w/ prescription if available)			
ALL IMPORTANT PERSONAL DOCUMENTS (check with Recruiter) Including:			
Childhood and adolescent immunization records if available			
Government-issued photo ID card			
Marriage certificate, family birth certificates, and their SSN (if married or legally supporting)			
Required prescription medications (in original pharmacy container) and/or a doctor's prescription.			
FINANCE			
Not to exceed \$50.00 in cash, Traveler's Checks, or Money Orders			
Checkbook and/or ATM card with access to direct deposit account for military pay			
NOTES:			
¹ All items must fit into the Army FSP Bag or small airline approved “carry on” suitcase or gym bag			
² Soldiers traveling from overseas locations should add 1 change of clothing and underwear (same guidance as above, extra shoes and extra coat not needed)			